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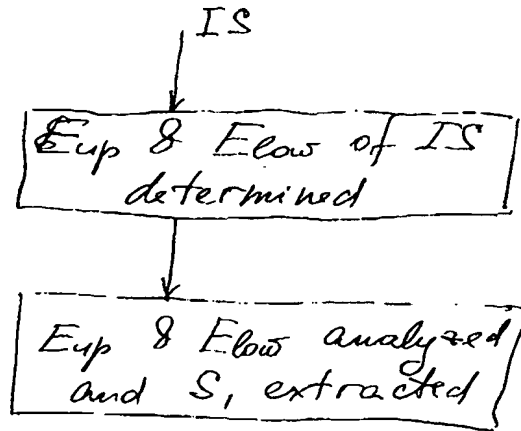
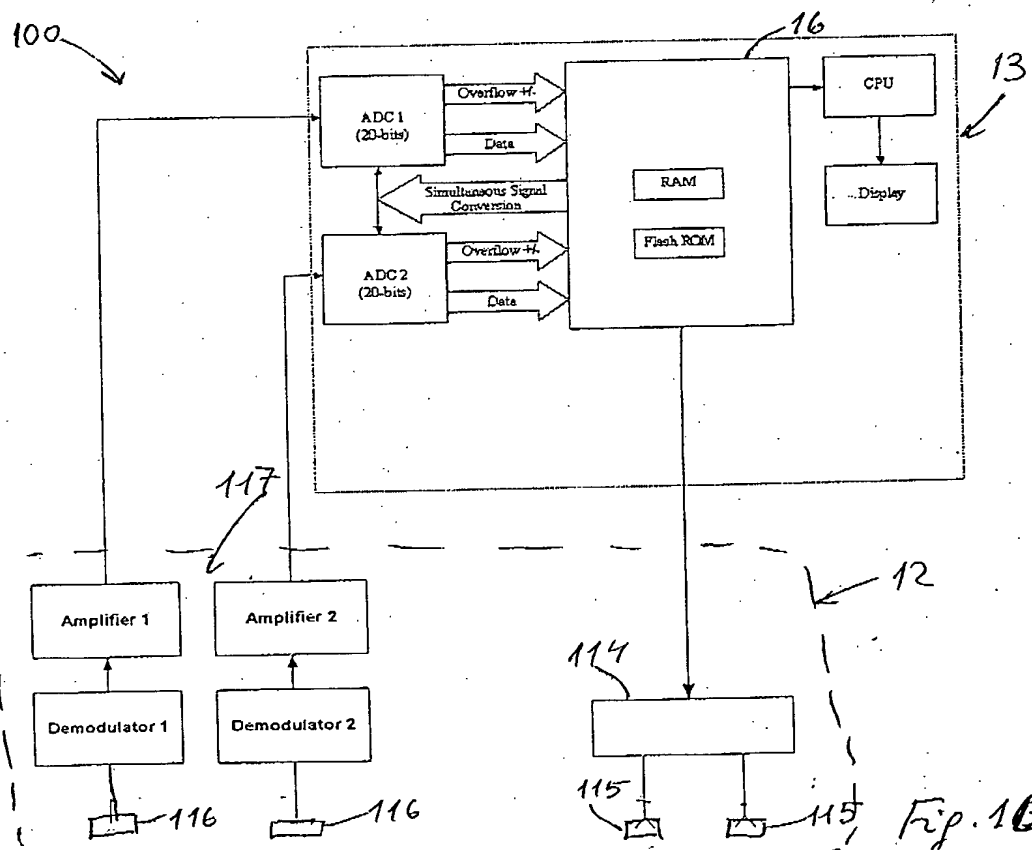
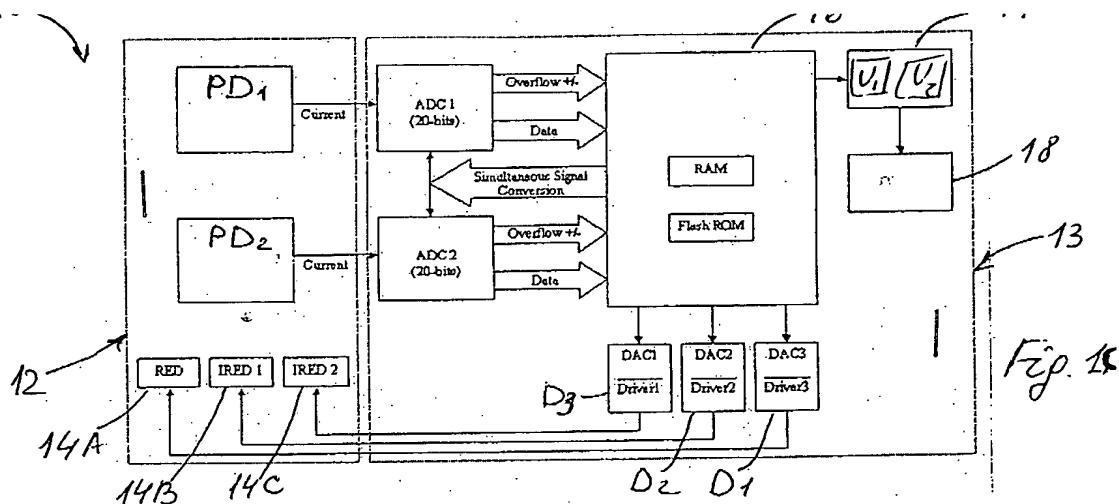


Fig. 1B

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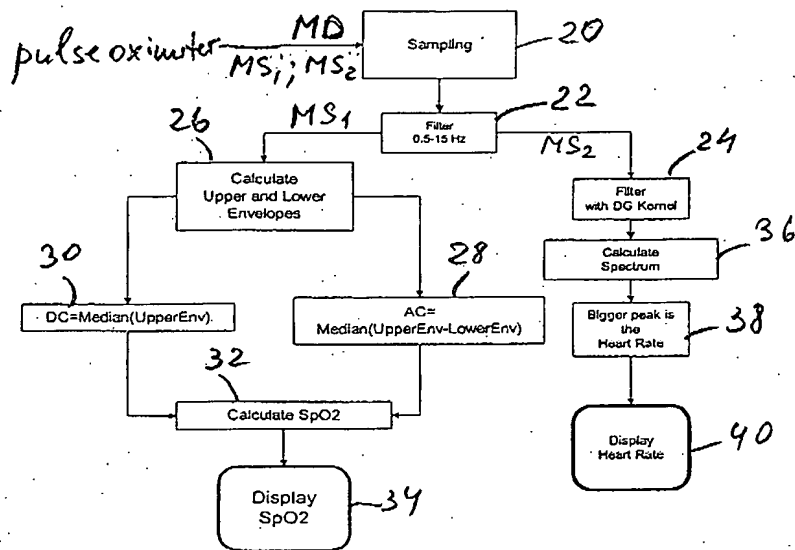


Fig. 1E

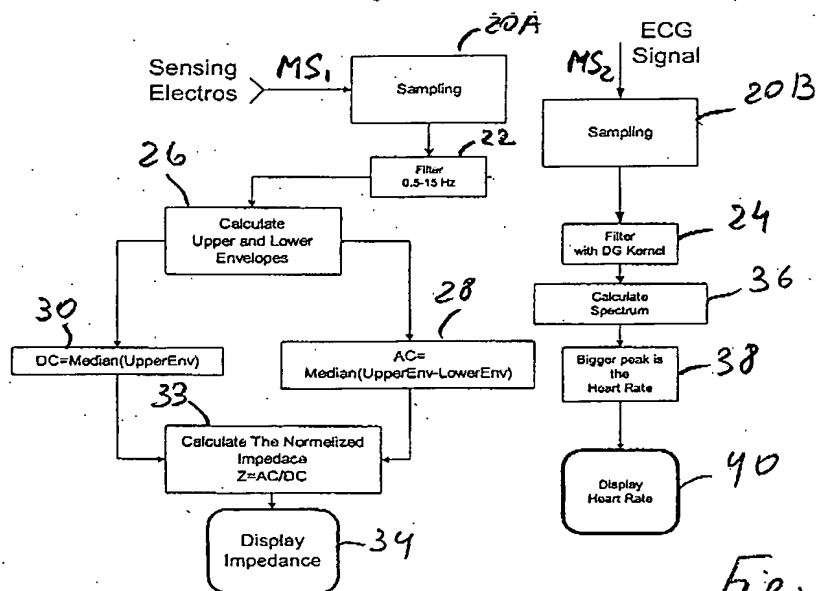


Fig. 115

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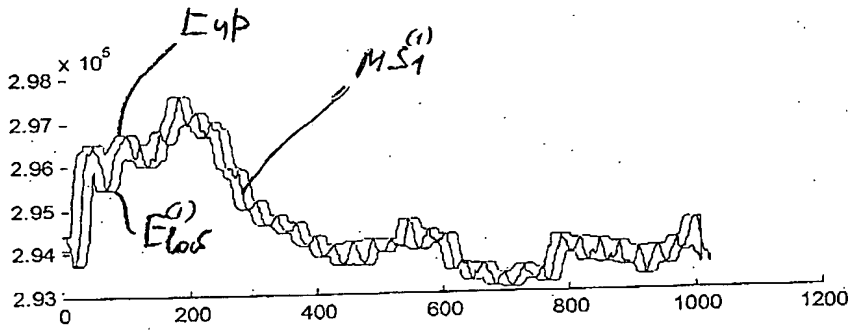


Fig. 2A

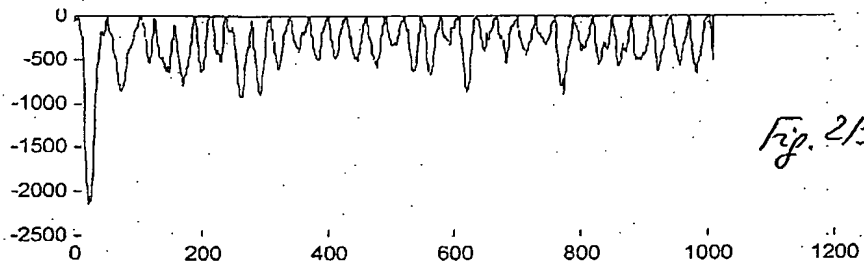


Fig. 2B

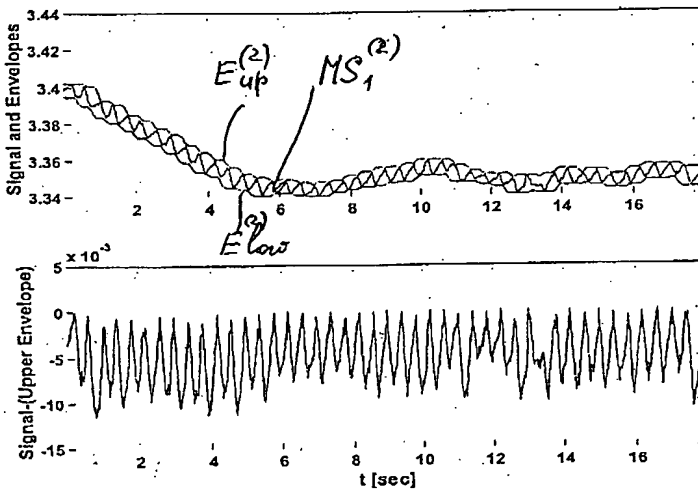


Fig. 3A

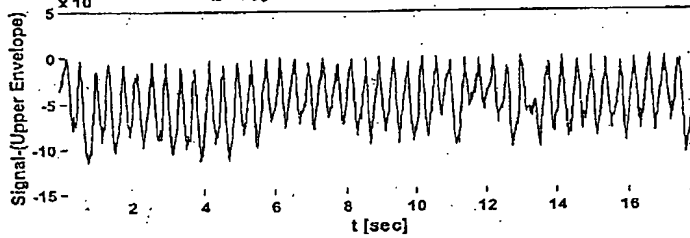


Fig. 3B

Abstract The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 100 young adults. The program consisted of three sessions per week, each lasting 45 minutes. The sessions included cardiovascular exercise, strength training, and flexibility exercises. The participants were divided into two groups: a control group and an experimental group. The experimental group showed significant improvements in cardiovascular fitness, strength, and flexibility compared to the control group. The results suggest that a 12-week training program can effectively improve the physical fitness of young adults.

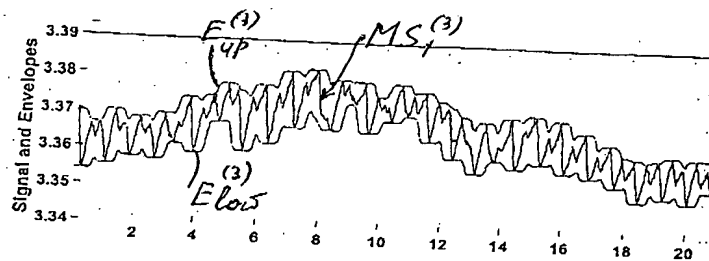


Fig. 4A

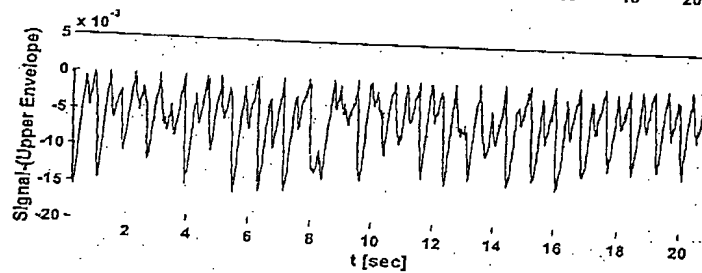


Fig. 4B

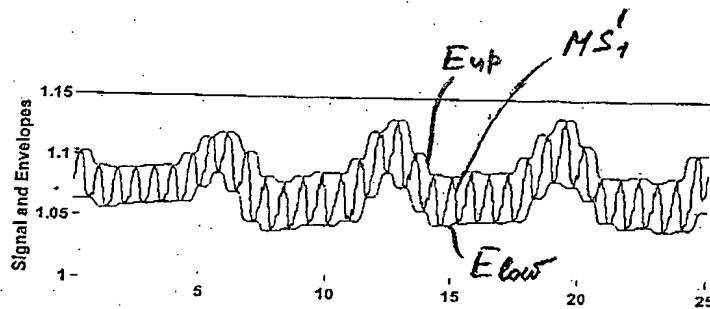


Fig. 5A

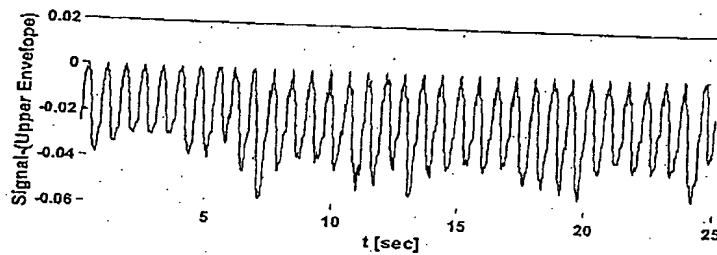


Fig. 5B

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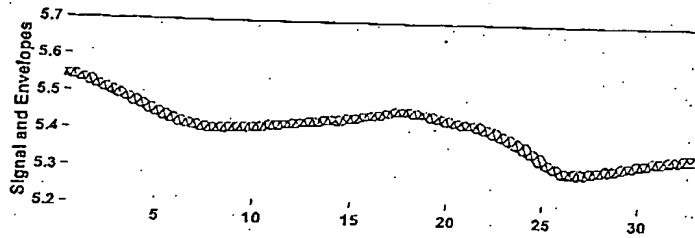


Fig. 6A

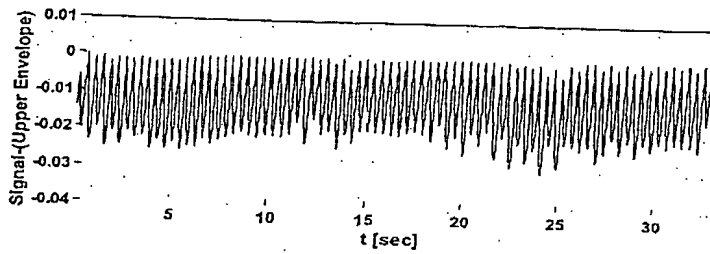


Fig. 6B

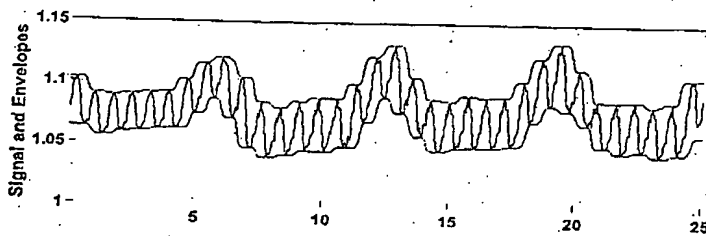


Fig. 7A

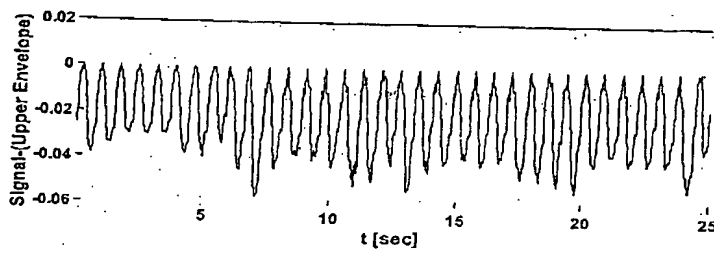


Fig. 7B

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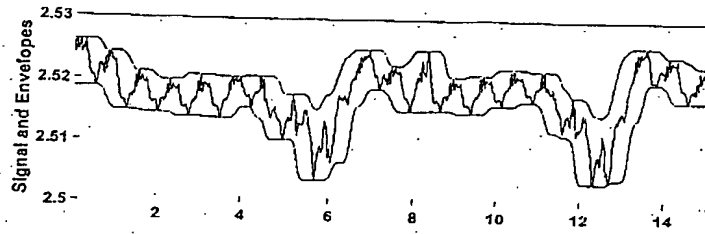


Fig. 8A

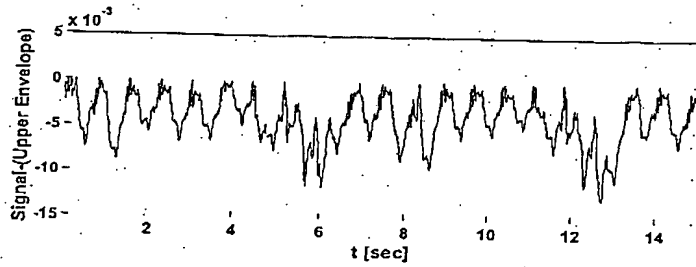


Fig. 8B

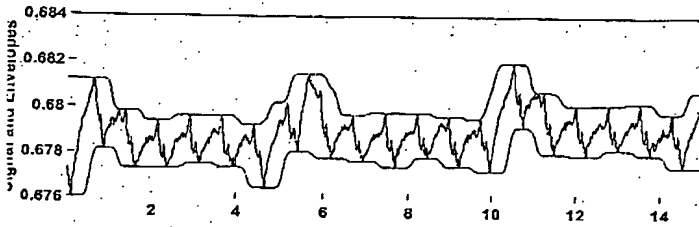


Fig. 9A

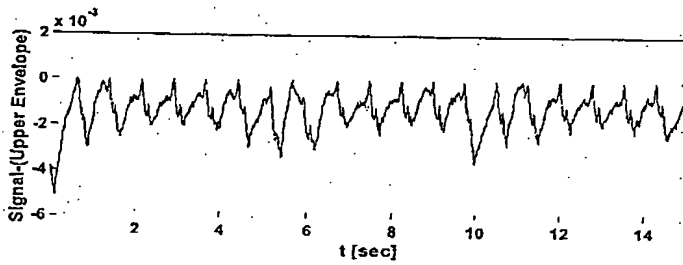


Fig. 9B

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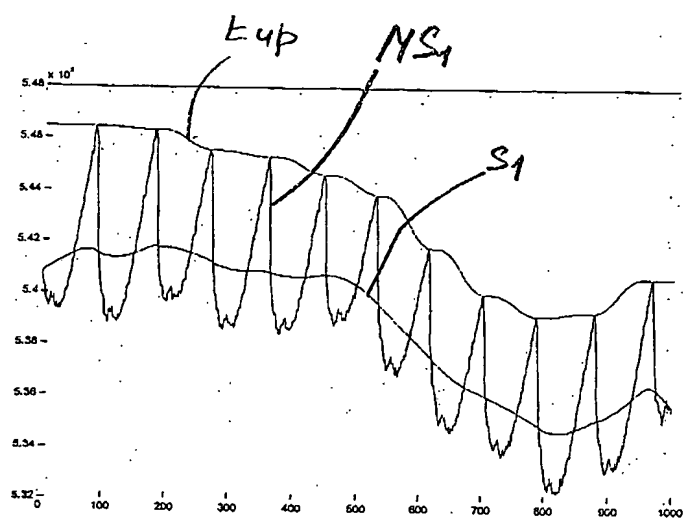


Fig. 10

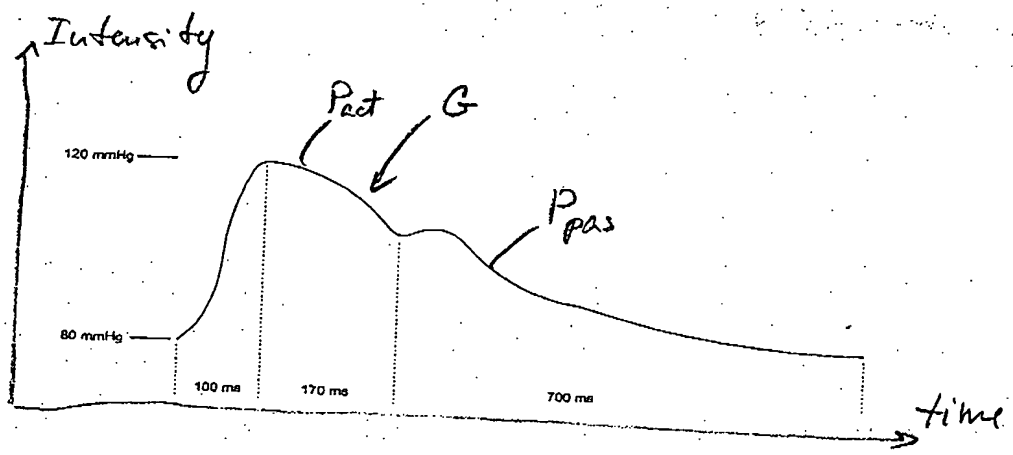
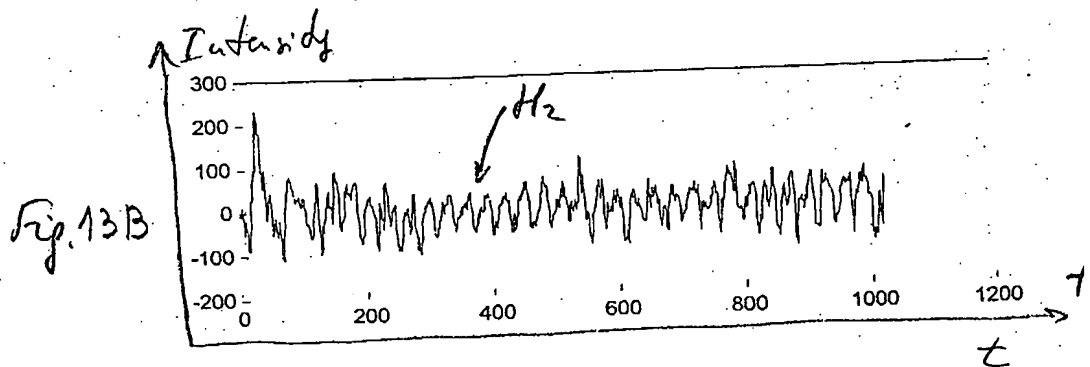
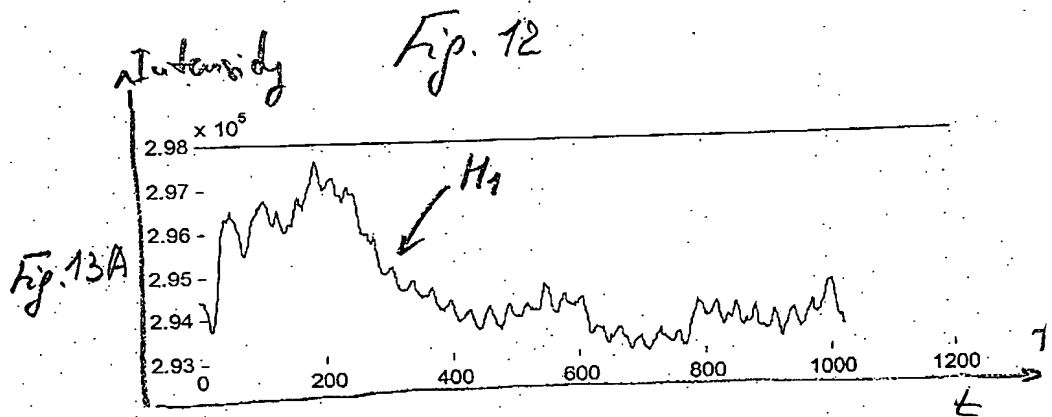
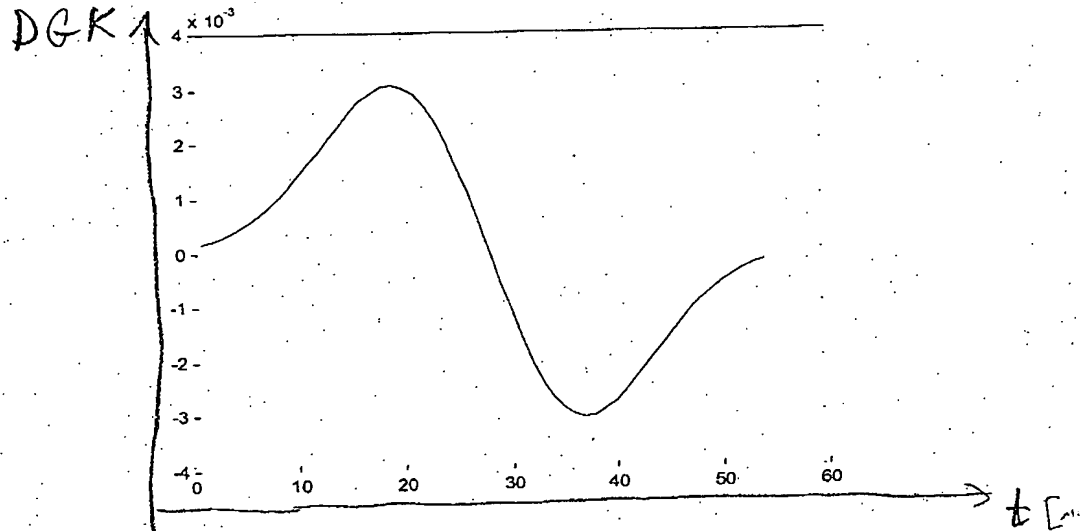


Fig. 11

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